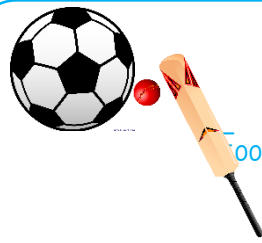




## Key Vocabulary

Passing  
Scoring  
Attacking  
Defending  
Position  
Co-ordination



# Games

Football, Rugby, Tennis, Netball, Cricket and Rounders

## PE KSI



## Physical wellbeing

I know what happens to my body when I exercise.

I know that exercise is good for me.

## Key knowledge and skills

### Ball Skills:

I know how to throw equipment underarm and overarm at a target



### Attacking and defending

I know what attacking and defending looks like.

I know simple attacking and defending strategies

### Rules

I know the importance of following rules when playing games.



### Health and Fitness:

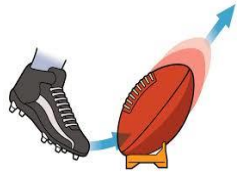
I know how the body feels when I'm still and when I am exercising.

## Links to other subjects:

Maths (Addition and subtraction)

Science (Health and growth)

Science (Forces)



## Links to prior learning:

Simple co-ordination activities

### Next steps:

Improve confidence in games to try new things.

## Head



Rules

## Heart



Effort  
Confidence  
Resilience

## Hands



Physical ability  
Technique